GRAPEVINE
VISITACION·VALLEY

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Lowering the Boom on the Hill

A load of lumber is lowered over a fence by crane from a parking lot at Visitacion Valley Middle School to workers on the new John King Senior Community, scheduled for completion at the end of this year.

Grand Opening for NEMS New Leland Avenue Clinic

Looking forward to building a strong partnership in keeping the community healthy, North East Medical Services (NEMS) is cordially inviting the neighborhood to celebrate the grand opening of its new Visitacion Valley clinic at 82 Leland Ave. on Thursday, May 10 from 11 a.m. to 1 p.m.

NEMS, a non-profit federally funded community health center, has been serving residents of San Francisco at its Stockton Street location for more than 30 years with comprehensive outpatient medical, dental, optometry, laboratory, radiology, pharmacy, nutrition, health education and social services. The staff is multi-lingual specializing in Asian languages and culturally sensitive.

For more information about either NEMS site (82 Leland Ave. or 1520 Stockton St.), call Member Services at (415) 391-9686.

Hans Schiller Plaza to Host Native American Cultural Celebration

Three San Francisco organizations will be hosting a Native American cultural celebration in Visitacion Valley at Hans Schiller Plaza on Saturday, May 5 from 1:30 to 2:30 p.m.

Friends of Visitacion Valley Greenway, the Native American Cultural Center, and the Neighborhood Parks Council will host *Weaving Our Roots – Native Art in the Parks* at the new park - part of the Visitacion Valley Greenway on Leland Avenue at Peabody Street. Admission is free.

This event will feature Sami and Dine (Navajo) dancing, songs and drumming by Anno Elkhart and Loren Nakai. Aurora Mamea and Istuyee Montez will also perform Jingledress and Fancy Shawl style dancing, and contemporary Native American music and poetry.

The Visitacion Valley Greenway Project celebration is part of a larger month-long series of Native American art and cultural celebrations happening in parks throughout San Francisco. The *Weaving Our Roots – Native Art in the Parks* cultural celebrations are a collaborative effort between the Native American Cultural Center, the Neighborhood Parks Council and community park groups across the city.

The cultural celebrations will focus on traditional Northern California arts such as basket weaving, ceremonial dancing, plant medicines and traditional useage, storytelling, flute and whistle playing, and singing, as well as political and historical lectures, and several Native American films.

"This series will educate San Franciscans about the lives and cultures of the people who first inhabited these hills and shorelines," said Andrew Brother Elk, chairman of the Native American Cultural Center and San Francisco Arts Commissioner. "We want to demonstrate the association between our people, our culture, and this land."

Aurora Mamea and Istuyee Montez are sisters from the Blackfeet tribe in northern Montana. They spent much of their lives on a reservation before relocating to the Bay Area in 1991. Both sisters are active dancers at powwows, where Istuyee concentrates on poetry while Aurora concentrates on singing. They are firm believers in the importance of continuing native traditions by teaching children about their culture so it can be passed down through generations.

Anno Elkhart, of the Saami descent, is the coordinator of the Native American Women's Circle and an adjunct faculty member at John F. Kennedy University. She also facilitates Art Therapy workshops for native women and collaborates with loca artists in performance art shows and cultural events.

Loren Nakai, of Navajo descent, is a traditional artist and singer. As the Circle of Care Education coordinator at the Native American Health Center in Oakland, he helps organize cultural activities and community events. His artwork has been displayed at the Oakland Museum, the American Indian Contemporary Arts Gallery and the JFK Arts Annex, where he and Amo painted a 40-foot sandpainting-style mural.

Evidence of at least four Native American villages have been found in San Francisco, as well as dozens of religious ceremonial sites and hunting, gathering and fishing areas that were used seasonally by tribes throughout the Bay Area. Over the past 250 years, some of these sites were not developed and are now urban parks.

"Our parks are located on pieces of land that have been enjoyed for centuries," said Isabel Wade, executive director of the Neighborhood Parks Council. "We are proud to be using them now to celebrate the arts, histories and cultures of the people who live here."

President's Budget Greatly Expands Home Ownership Opportunities

WASHINGTON - The U.S. Department of Housing and Urban Development will help more Americans achieve homeownership and better serve communities across the nation with President Bush's proposed 6.8 percent increase in HUD's fiscal year 2002 budget, Secretary Mel Martinez said Apr. 9.

"This budget helps more people, provides opportunities for Americans in low income communities and provides more support for those with special needs," Martinez explained.

Flanked by two Maryland families soon making the move from renters to homeowners, Martinez revealed specific details of President Bush's proposed $30.4 billion budget, including several key programs that focus on minority home ownership.

"We were living in a one bedroom apartment with the three boys sleeping in one room and me on the couch," explained future homeowner Helena Spencer. "Habitat for Humanity and HUD are making it possible for us to move away from the drugs and the violence."

"This budget provides Habitat for Humanity and organizations like Habitat with additional resources to help more families," Martinez said. "We want to give as many Americans as possible a stake in their neighborhood and a concern for its future," Martinez said. "The sad fact is only 46 percent of Hispanic and African American families own their own homes. And we must do better."

The President's budget includes a Renewing the Dream tax credit to encourage investors to develop housing for low-income families. This tax credit will help build 100,000 new homes in low-income areas over the next five years.

This budget also adds a new initiative called the American Dream Down Payment Fund, to help low-income people with their down payment on a home of their own. By putting $1 billion into the American Dream Fund over the next five years, HUD's goal is to make owners of 650,000 low-income families.

HUD will also offer assistance to low-income renters who want to become homeowners by expanding the use of Section 8 vouchers for home ownership. "Bringing the pride of home ownership to more and more Americans is definitely one of the goals of this budget," Martinez added.

Martinez also highlighted other parts of the budget proposal:

*Gives More Families the Opportunity for Homeownership

*Proposes Hybrid Adjustable Rate Mortgages. For fiscal year 2002, HUD will seek authority to allow FHA to offer families a hybrid adjustable rate mortgage, reducing families' initial homeownership costs by combining a low fixed rate in the early years with a rate that later adjusts with the market. Proposes to raise FHA Multifamily Loan Limits by 25 percent. The loan limits were last increased in 1992. A 25 percent increase, when combined with the existing ability to multiply loan limits by up to 240 percent, will mean that FHA multifamily insurance will be available to help increase production in virtually every region of the country.

*Increases Support for Low-Income Rental Housing Assistance. Adds $197 million for 34,000 additional Section 8 housing vouchers. The President's budget renews all expiring contracts with landlords at a cost of $15.1 billion to continue providing rental assistance to more than 2.8 million families currently receiving Section 8 assistance, and includes $197 million for 34,000 new housing vouchers.

*Increases Public Housing operating subsidies by $150 million. The President's budget funds the Public Housing Operating Fund at $3.38 billion, or $150 million more than 2001, to help public housing authorities cover utility rate increases and other high priorities.

*Provides Additional Support to Populations with Special Needs. Adds $20 million to house 3,700 additional people with AIDS. The budget provides an additional $20 million for a total of $277 million to house 3,700 more people with AIDS, expanding the number of eligible jurisdictions based on projections of AIDS cases by the Centers for Disease Control and Prevention.

*Provides $20 million for a Presidential initiative to improve access for the disabled. The budget provides $20 million in the Community Development Block Grant to fund competitive grants to civic, community and religiously affiliated organizations exempt from the Americans with Disabilities Act make approximately 200 additional facilities accessible to the disabled.

*Improves Conditions and Opportunities in Low-Income Communities. Contains $80 million for a Presidential initiative for Community Technology Centers. The budget provides $80 million in the Community Development Block Grant program to fund competitive grants to help communities create or expand technology centers in high poverty areas and provide technical assistance to those centers.

*Increases funding to reduce lead paint hazards by $10 million. The budget provides an additional $10 million for a total of $110 million that, when combined with increased private sector leveraging, supports a ten-year strategy to eliminate lead paint hazards in 2.3 million private housing units occupied by low-income children. Martinez said the budget proposal also refocuses HUD on its core mission and ends duplicative programs in the Federal government.

"As with every budget there are tough choices," Martinez said. "We chose eliminate programs that were duplicative. Eliminating a federal program is always going to be unpopular with someone but we will not shy away from smart cuts for the sake of popularity."

*Eliminates Funding of One-Time Projects in Block Grant Programs.

*Reduces earmarks for special projects within CDBG by $411 million. The budget continues Community Development Block Grant formula funding at the 2001 level of $4.4 billion, but does not provide recurring funding for $411 million appropriated in 2001 for earmarked projects. The net reduction to the program is only $311 million from the 2001 level.

*Focuses HUD on its Core Mission and Ends Duplicative Programs.

*Terminates the $309 Million Public Housing Drug Elimination program. The fiscal year 2002 budget proposes to consolidate and streamline the Department's anti-drug use activities. Public housing authorities can currently use funds from the Public Housing Operating Fund program, the Capital Fund program and the Drug Elimination Grant program for anti-drug use and anti-crime activities.

The Operating Fund program has been increased by $150 million for these activities and other purposes, as decided by local priorities. Housing authorities will be encouraged to continue major partnerships with local

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Study Shows 12-Step Program Helps Drug Users

A new report found that the addition of a 12-step program for people in outpatient drug treatment programs could double their chance of staying drug-free, Reuters reported Apr. 24.

According to interviews with 356 outpatients conducted by University of California at Los Angeles researchers Drs. Maureen P. Hillhouse and Robert Fiorentine, 48 percent of clients who completed treatment abstained from drugs during the six-months following discharge. But the percentage increased to 86 percent for those who completed the program and maintained weekly participation in 12-step meetings during and after treatment.

"Even though some aspects of a 12-step program are included in outpatient drug treatment programs, participation in at least one outside weekly meeting does make a big difference," said Hillhouse.

The researchers recommended regular participation in a 12-step program as a "refresher course" for addicts so that they can acknowledge loss of control over drug use and accept the need for lifelong abstinence.

The report was presented at the annual meeting of the American Society of Addiction Medicine held recently in Los Angeles. **Join Together Online**

Recycling Hits Historic High in San Francisco

San Francisco Solid Waste Management Program (SWMP) announced Apr. 19 that as of February of this year, the City reduced the amount it sends to landfill by an estimated 45 percent, an increase of 2 percent in just four months. This is the highest diversion rate in the history of the City of San Francisco.

Paul Horcher, director of the Solid Waste Management Program, attributes the increased diversion rate to the aggresive and comprehensive outreach efforts of the SWMP public outreach team. "We've worked hard to reach San Franciscans, from school kids to seniors, with the message that we must reduce, reuse, recycle, and buy recycled.," he explained. "It may seem obvious, but we will run out of landfill space in 11 years or less if we do not reduce the amount we throw away."

In 1989, the State of California mandated that cities and counties reduce the waste they send to landfill by 50 percent by the year 2000, or face fine of $10,000 a day. San Francisco is expected to receive an extension on that deadline to 2004 due to its ongoing good faith recycling efforts.

"We have reached at least 500,000 San Franciscans by now," estimates Darcy Brown, commercial outreach coordinator for SWMP. "We have used newspaper inserts, direct mail pieces, phone banks, newspaper articles, booths at street fairs and public events, and holiday posters, to name a few, to spread the recycling message to as many people as possible."

The employees at the San Francisco Recycling Program work on a myriad of programs with the end goal of increasing diversion.

*The *Commercial Recycling Program* cultivates strategic partnerships with businesses, merchant associations, unions and industry groups, such as the Building Owners and Managers Association (BOMA), to encourage recycling in the commercial sector.

*The *School Education Program* reaches the City's youngest recyclers, 88,000 school children, through assemblies and programs like *The Most Important Show on Earth*, an interactive eco-circus and *Trash Bridges, Garbage Detective*.

*The *Hazardous Waste Management Program* has led campaigns to encourage the recycling of used motor oil, oil filters, and the safe disposal of household hazardous waste.

**Organics*. SWMP has collaborated with other organizations, such as the San Francisco League of Urban Gardeners (SLUG) to provide discounted compost bins to San Francisco residents each year.

Our ongoing programs target San Franciscans in many different ways," said Horcher. "It's important to keep reminding people that our natural resources are limited and suggest ways in which every San Franciscan can make a difference to save landfill space. With the diversion rate the highest in history, the message seems to be getting through.

One way the Solid Waste Management Program estimates its diversion rate is by comparing he estimated amounts sent to landfill versus the total amount diverted from landfill in the previous year, divided by 12 months. The monthly average of material recycled in 1999 was 47, 392 tons recycled versus the 58,609 tons sent to landfill in February 2001 gives a diversion rate of 45 percent. The year's total will be released in fall 2002, when San Francisco and its contractors perform a final year-end diversion survey.

SWMP was established in 1978 under the direction of the City's chief administrative officer. Its Recycling Program, a key SWMP service, was set up in early 1980 with the purpose of facilitating and encouraging recycling in San Francisco.

The following items can be recycled in San Francisco: all glass jars and bottles; tin/steel and aluminum cans; foil and pie tins; #1 and #2 plastic bottles; and most paper items including newspaper, white and colored paper, telephone books, dry food boxes; cardboard packaging, junk mail, magazines, catalogs and paper bags. *Fantastic Three*, a pilot program that also allows San Francisco residents to compost their food scraps and yard trimmings in addition to the aforementioned items, will go city-wide over the next three-and-a-half years.

"We have accomplished so much over the past couple of years," said Brown. "We still have a long way to go. We will not stop until we reach our goal of 50 percent."

Grapevine Mailbox

Recall of Possibly Tainted Meat

Dear Editor:

Whoa, boy, another possible foreign relations nightmare! It's a good thing that Phoenix-based Bar-S Foods Company voluntarily recalled about 14.5 million pounds of potentially contaminated meat that had been shipped to Japan, Korea, Mexico, Puerto Rico, and the South Pacific, as well as to supermarkets, delis, and institutions nationwide.

The recalled luncheon meats, whole hams, sausages, hot dogs, and corn dogs produced by the company's Clinton, Oklahoma plant may be tainted with listeria, a bacteria that causes high fever, headaches, neck stiffness, nausea, and possibly even death.

Bar-S Foods has been working with the U.S. Department of Agriculture to determine how the contamination occurred, but I don't think we're in for any shocking revelations – the cramped conditions on hog farms commonly foster diseases such as dysentery, cholera, trichinosis, and toxoplasmosis, as well as listeria.

The day the meat is "safe" will be the day that pigs fly. Contact PETA at 1-888-VEG-FOOD for a free vegetarian starter kit including helpful shopping and cooking tips, nutritional information, and recipes worth squealing about.

Sincerely, Heather Moore, Correspondent

Safety Tips for the Home

(NAPS) When it comes to being safe and secure in your own home, prevention is often the best medicine. Protecting the health and well being of you and your family can begin with removing hazards or reducing their threat.

Here are a few quick tips on how to keep your family-and your home-safer and healthier.

*If children are going to be around the house unsupervised, make sure windows are kept closed and locked.

*Keep furniture away from windows. Chairs and tables are an invitation to children who can climb up to get to window ledges or sills.

*Don't leave children unsupervised around open windows with screens. Screens are designed to provide ventilation, not break a child's fall.

*Develop a fire-escape plan and practice it from several locations in the house.

*Keep the kitchen clean. The Centers for Disease Control and Prevention estimate that 33 million people are infected each year-and as many as 9,000 may die-from food-related disease.

*Wipe countertops frequently with a nontoxic disinfectant.

*Have your heating system checked each fall to make sure it's operating correctly. Keep air circulating in your home to eliminate toxic fumes.

*If engaged in home repair projects, such as painting or gardening, take frequent breaks to reduce the likelihood of repetitive stress injury.

*Individuals who already suffer from carpal tunnel syndrome, as well as arthritis and tendinitis, may find some relief from the symptoms and still be able to carry out their home-improvement tasks by using a pair of gloves that allows them to grip hand tools and provides elastic support.

The gloves-called Handeze and made by Dome Industries-are made from a stretch fabric treated with the Med-A-Likra process. It traps body heat and raises blood temperature in the fingers, hands and wrists and keeps pressure on the muscle tissues, helping to relieve or prevent pain.

To learn more, call 1-800-432-4352.

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What Do Cookies and Compost Have in Common?

by Maria T. Baird,
Public Outreach Coordinator,
S.F. Solid Waste Management Program

Composting is a little like making chocolate chip cookies. The ingredients are basically the same, but everybody has a slightly different recipe – and the results are always worth the time and effort.

That's the message in San Francisco, where the city's Recycling Program is making it easier than ever to create your own compost. Turning vegetable and fruit trimmings, fallen leaves, grass clippings, and even backyard weeds, into nutritious, sweet-smelling compost can make your garden healthier and happier, whether you have a lush landscape, or one sad-looking houseplant in ned of a boost. Compost improves soil by providing nutrients and helping retain water; it can also be used as a mulch, or as a top dressing for lawns.

David Strom of the San Francisco League of Urban Gardeners, or SLUG, says composting is a breeze, as long as people learn a few simple steps before they start. "It can require as little as half an hour a week, even less if you're not in a hurry (for results)," Strom said. "And it's a great way to get in touch with the cycle of nature."

Bay Area gardener Victoria Hunter can attest to those beliefs. She's been composting for a couple of years now, and she's hooked. Why does she compost? "Less garbage waste. Some good compost for gardening. And that warm, fuzzy feeling from doing something good for the environment."

If you're new to composting, SLUG's free two-hour workshop, held monthly, spells out just how simple it can be. If you plan to recycle yard trimmings only, for instance, a pile in the corner of the yard can produce rich compost in just three to eight months.

But if you want to compost all those carrot and potato peels, onion skins and apple cores from your kitchen, a closed bin is a must, to keep rodents away from those tempting bits of food.

Fortunately for anyone looking to get started this spring, the city's Recycling Program offers bins at a reduced price twice a year – about half the retail cost. It's a small investment that can pay big divadends.

For avid gardeners, like KRON-4 News anchor Wendy Tokuda, there's nothing like vermi-compost – tht is, compost with worms. "Worm compost is the Mercedes of compost!" Tokuda said. She has three worm bins in her East Bay garden, along with two regular compost bins. SLUG's workshops also provide information about this composting method, which is particularly fascinating to children.

Here again, a little information can do wonders for your garden. For instance, Strom says, worms from your backyard are not going to break down your vegetable scraps into rich, healthy compost. "Right behind cutting a worm in half and growing two worms, that's the biggest myth," Strom said. "Night crawlers that you find in garden soil are not going to survive in a worm bin. They need cooler temperatures and less organics."

Tokuda uses red wigglers in her worm bin. "Worms secret nutrients that weren't there before. They break down organic matter. They contribute to the health of the soil," Tokuda said. "Earthworms are our friends."

Composting on an even larger scale is going on in San Francisco, which has become the first large U.S. city ever to provide curbside recycling of all food waste – meat scraps as well as fruits and vegetables. The pilot project has already begun in the Richmond district and will go city-wide in the next three-and-a-half years.

Gia Brazil of the city's Solid Waste Management Program says the food waste is composted at a state of the art facility in Vacaville. More than 17,000 tons of food and yard waste are composted every year from San Francisco from more than 600 businesses and 20,000 residents.

Brazil said while home composting reduces the amount of waste that goes to the landfill, "The benefit there is somewhat more personal." She added, "Getting to be more connected to the process, getting to have responsibility for the waste they are producing, and turning it into something they can use."

San Francisco Home Composting Program, co-sponsored by SLUG and the San Francisco Recycling Program, offers free brochures on Basic Composting, Worm Composting and Compost Bins.

SLUG, along with the city's Recyling Program, will be selling low-cost compost bins during their semi-annual sale for San Francisco residents on May 5 from 9 a.m. to 3 p.m. at Pier 98.

For information about the sale, composting workshops, and brochures, call SLUG at (415) 285-SLUG.

High Cigarette Prices Deter Teen Smokers

A new study shows that higher cigarette prices prevent teenagers from becoming regular, addicted smokers, according to an Apr. 24 press release from the Campaign for Tobacco-Free Kids.

The study by researchers at the University of Illinois at Chicago and the University of Michigan Institute for Social Research tracked the smoking behavior of students in grades 8 and 10 over a period of up to six years.

The research found that higher cigarette prices discourage teens from experimenting with cigarettes, and are particularly effective in preventing teens from becoming regular addicted smokers. Specifically, the study showed that a 10 percent increase in the price of cigarettes would

decrease the number of children who start to smoke between 3 percent and 10 percent, depending upon their stage of smoking.

The study is the first of its kind in the nation to examine the impact of cigarette prices by tracking youth smokers over a long a period of time.

The study's report, entitled "Effects of Price and Access Laws on Teenage Smoking Initiation: A National Longitudinal Analysis," is available at the University of Illinois a Chicago website under "Papers and Presentations."

Join Together Online

Ask Dr. Pearle

(NAPS) Regular visits to your eye doctor are so important, for your vision and for your overall good health. It's also important to understand the broad spectrum of eye health issues that affect you and your family. Here are some of the many questions patients ask me and other doctors of optometry affiliated with Pearle Vision.

My 42-year-old husband has been diabetic since childhood. Recently, he started complaining about blurry vision. Is it possible that his diabetes is causing his vision problems or does he need glasses?

Diabetes is a condition that interferes with the body's ability to use and store sugar. Diabetes can also, over time, weaken and cause changes in the small blood vessels that nourish the eye's retina. This is called diabetic retinopathy.

Diabetic retinopathy seriously affects vision and, if untreated, can cause blindness. Diabetic retinopathy is the number one cause of adult blindness in the U.S. The beginning stages may cause blurring in your central or peripheral vision, or there may be no symptoms. As it progresses, you may notice a cloudiness in your vision or blind spots.

This is one reason why it's important to have your eyes examined regularly by an optometrist, especially if you're diabetic or have a family history of diabetes.

Not every diabetic develops retinopathy, but the chances do increase after having diabetes for several years. Since the disease can cause blindness, early diagnosis and treatment are essential.

To detect diabetic retinopathy, an optometrist looks inside the eye with an ophthalmoscope, an instrument which lights and magnifies the eye's blood vessels.

I would encourage your husband to be tested for diabetic retinopathy by the doctor of optometry at a Pearle Vision location.

I'm 24-years-old and diabetes runs in my family. Are there preventive measures I can take so I won't get diabetes?

Exercise and diet are extremely important in trying to prevent diabetes. Exercise makes your muscles more sensitive to insulin which improves the way your body metabolizes sugar. Plus, regular exercise lowers the risk of heart disease, a special concern for people prone to diabetes.

Exercise will also keep your weight under control. Studies show that four out of five women with Type II diabetes are overweight.

Eating properly and strict blood sugar control may also decrease your chances of diabetes. Start by adding fiber to your diet with fruits and vegetables. Experts believe fiber helps regulate blood sugar. You should consult your family physician about other dietary modifications as well.

A healthy, disciplined lifestyle can also decrease the serious health problems that can develop due to diabetes. The risk of stroke or heart disease is two to four times greater if you have diabetes. Diabetes is also the leading cause of kidney failure. Diabetics may even develop diabetic retinopathy which seriously affects vision and causes blindness.

Routine eye examinations offer the best hope for early detection of diabetic retinopathy. Individuals at high risk for diabetes can reduce the risk of blindness due to diabetic retinopathy by having regular eye exams.

Other factors such as high blood pressure, cholesterol and smoking may increase your chance of developing diabetes and complications associated with the disease.

Take preventive measures now. Visit the doctor of optometry at or next to the Pearle Vision near you for a comprehensive eye exam and talk with your family doctor about dietary guidelines and an exercise regimen.

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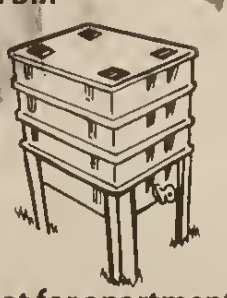

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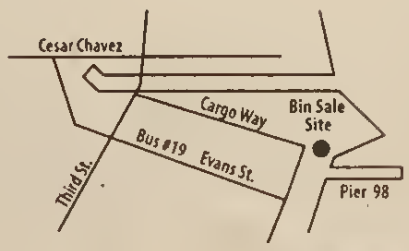

QUESTIONS?
Call SLUG'S "Rotline:" 415-285-7585
This event is accessible to persons with disabilities.

Sponsored by the San Francisco Solid Waste Management Program. Coordinated by the San Francisco League of Urban Gardeners.

From the DA's Office

Guilty Verdict in Armed Robbery Case

A San Francisco jury took less than an hour Mar. 22 to return a guilty verdict in a case involving a robbery at gunpoint that took place at the Landmark Theater in the Embarcadero Center on Sept. 27, 2000.

Brian Rogers, 34, was found guilty of armed robbery. He faces a minimum of five and a maximum of 15 years in state prison because he used a firearm in committing the offense.

According to testimony elicited by Assistant District Attorney Kimberly Guilfoyle, Rogers approached the ticket booth at approximately 5:20 p.m. and demanded cash at gunpoint. After receiving $201 in bills, he fled on foot. The ticket seller – the key witness in the case – observed a distinctive red striping on the back of the robber's sneakers, which he reported to San Francisco police officers.

BART police observed Rogers on a train at the Powell Street Station – counting money and swearing profusely – within 20 minutes of the robbery. Upon arresting him, they recovered a .380 caliber handgun and the stolen cash.

Rogers was defended by Ronald Albers of the San Francisco Public Defender's office. Judge Leonard Louie presided over the three-day trial. Assistant DA Guilfoyle, who is also involved in prosecuting the owners of the dog that killed Diane Whipple, commented, "San Francisco juries do not take the use of guns lightly."

First Degree Murder in Pink Tarantula Case

Four years after hair stylist Carmel Sanger was shot to death in her SOMA salon – The Pink Tarantula – a San Francisco jury on Apr. 11 convicted Marcos Ranjel, 34, of firing the fatal bullet.

Witnesses at the month-long trial testified that Ranjel walked into the salon on the afternoon of Mar. 5, 1997, asked for Sanger by name, and then *shot her in the left eye* with a 9 mm Makarov-style pistol.

The jury deliberated two days before finding Ranjel guilty of first-degree murder, for which hw faces a sentence of life without the possibility of parole. The jury also determined that Ranjel's motivation for the slaying was monetary.

Robert Sanger, 57, the ex-husband of Carmel Sanger, will be tried for his role in the murder, beginning in early May.

The jury also found Ranjel guilty of being an ex-felon in possession of a firearm, for which he faces three years.

A Search for Invention

(NAPS) The company that gave America its first electric dry shaver and introduced the world's first Robotic Lawnmower continues its search for leading-edge consumer products.

For eight years, Hammacher Schlemmer has encouraged innovative thinking by sponsoring Search for Invention. This national contest is for patented products that have not reached the market. Inventors are invited to submit their inventions for a chance to win cash grants, publicity, and a manufacturer.

Eligible products should solve an existing lifestyle problem. Products can be entered in four categories: recreation, personal care, personal electronics and utilitarian home and garden.

Inventions must also meet the following criteria: 1. Final patent must be issued. 2. There must be a working or non-working prototype. 3. The product must be for general consumer use.

First place winner will receive a $5,000 cash grant and the top invention in each category earns a $1,000 cash grant.

Entries may be submitted from now until May 29th, 2001. Entry forms are available online at www.hammacher.com or by calling 1-773-INVENT-1. Inventions will be judged by a distinguished panel of consumer product experts.

To learn more, visit the Web site at www.hammacher.com. Click on "About Us."

Borderline Jobs in Mexico Replace U.S. Workers

by Robert E. Swift

(NAPS) "U.S. Is Told to Let Mexican Trucks Enter," said a headline in The Wall Street Journal. The article tells of a North American Free Trade Agreement case the United States just lost when a five member arbitration panel ruled that Mexican trucks should be allowed on U.S. roads or we would face a penalty that could reach up to $2 billion a year.

This issue has been simmering since 1995, when our previous Administration refused to allow Mexican trucks unrestricted use of our roads because they were believed to be unsafe and did not meet U.S. standards including pollution. But it reveals a deeper issue, about the advisability of the NAFTA initiative per se, that is really on the table for the current Administration.

The Mexican economy is dominated by three income sources: oil, agriculture and U.S. manufacturing. In the latter instance, Mexico has established a manufacturing infrastructure along its northern border expressly to take on assignments from U.S. companies that find the wage structure in Mexico more to their liking. After all, why pay U.S. scale when you can get away with paying virtually slave wages to workers in this Third World country?

Tens of thousands of Mexican citizens are now employed in these maquiladoras, as they're called, while tens of thousands of American workers are now unemployed as a direct consequence. In the 1960's, with U.S. support, many of these factories started to go up along the border as a step towards easing the chronic unemployment in Mexico. Then, with the passing of NAFTA, came even more jobs and the rapid growth of shantytowns such as Ciudad Juarez, whose citizens live in squalid conditions, without running water or sanitary facilities, all that is affordable in exchange for the minimum wage of four dollars a day.

Mexico's new president, Vicente Fox, wants to improve the lot of his people. But to do so he looks only North, to America, to solve his country's problems. He wants free and unfettered passage for Mexico's decrepit fleet of trucks; he wants unchallenged and unlimited travel to America for his citizens, and he wants the U.S. to declare all the illegal Mexican immigrants permanent residents. In other words, he wants a "merger" of sorts.

As in many such actions taken at the corporate level, mergers produce layoffs, as companies seek to eliminate redundancies to squeeze cost out of the new and larger enterprise. The same is occurring here. Our jobs are being eliminated; American workers are being laid off everyday, while new jobs are created across the border. Certainly Mexico's president, ambitious for his citizens and their welfare, cannot be faulted for trying to span the distance between poverty and middle income. But that gap reaches into the United States, and includes wresting away domestic jobs by undercutting our wages.

Our Administration must primarily look to the well-being of American citizens. And it must consider the consequences of trade initiatives on the lives of workers who all at once find themselves in a struggle for economic survival not as a result of shoddy work or a shrinking market, but simply because he or she resides in a country whose standard of living, admired by the rest of the world, becomes a disadvantage when cheap labor, no matter how cruel a lifestyle such low wages afford, becomes a valuable commodity to companies willing to subsidize these conditions in exchange for short-term profit gain.

For facts on helping our economy by buying items made in America, write to the Crafted With Pride in the U.S.A. Council at 1045 Avenue of the Americas, New York, N.Y. 10018; or call at 212-819-4397 or fax 212-819-4493.

Robert E. Swift is executive director of the Crafted with Pride in U.S.A. Council, headquartered in New York City

Saturdays are Special At Randall Museum

. The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro).All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with $3 per person workshop fee (except where noted). Call 554-9600 for further information.

*May 5: Visit the great horned owl in the animal room and then drop-in to create your own great horned owl mask.

*May 12: Learn to use recycled paper rolls to make snake bracelets.

*May 19: Hang out with bugs and bug enthusiasts at the museum's annual *Bug Day* from 10 a.m. to 3 p.m..

*May 26: Create a Chinese brush painting.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

Senior Action Network Launches a Campaign For Pedestrain Safety

Challenge by the alarming rise of pedestrian and automobile accidents, Senior Action Network (SAN) held a rally and press conference Apr. 25 at Van Ness Avenue and Market Street.

Seniors working with SAN targeted 24 serious hotspots for pedestrian safety out of the City's hundreds of dangerous locations.

The *Target Intersection Plus* campaign will be a two-year effort to raise public consciousness on dangerous intersections in San Francisco.

HUD Pledge to Fight Housing Discrimination

WASHINGTON - U.S. Housing and Urban Development Secretary Mel Martinez and Attorney General John Ashcroft Apr. 11 commemorated the 33rd anniversary of the Fair Housing Act by pledging to continue aggressively fighting housing discrimination.

"To deny anyone a place to call 'home' is to deny that person their lawful share of the American Dream," Martinez said.

"I am committed to enforcing our nation's fair housing laws, which protect the rights of any American to live in any home in any neighborhood," he added. "HUD will aggressively pursue those who ignore the law and abrogate that right."

The HUD Secretary, a member of the President's Fair Housing Council, was also joined at the event by the U.S. Attorney General, another Council member.

"I'm pleased to be working with Secretary Martinez to make sure all Americans' rights are guaranteed," Attorney General John Ashcroft said. "Discrimination in housing simply will not be tolerated, and we will prosecute those who violate the Fair Housing Act."

Each man spoke about his department's efforts to fight housing discrimination, and then signed the Fair Housing Pledge. The Fair Housing Act of 1968 bars housing discrimination because of race, color, religion, sex, disability, family status and national origin. The Act covers the sale, rental, financing and advertising of almost all housing in the nation. Fair housing investigations are conducted by HUD investigators, state and city agencies working with HUD, and private fair housing groups that receive HUD funds.

Why the Price of Natural Gas is Rising

(NAPS) Many Americans may give a warm welcome to an explanation for the recent increase in heating costs.

Natural gas, experts explain, like other commodities, is subject to price fluctuations related to supply and demand. A combination of factors has caused demand to skyrocket over the last several months. Meanwhile, supply is running dangerously low in some regions. The result? Higher prices.

Natural gas demand has been on the rise for more than a decade because it is the clean-burning fuel of choice for new homes, industries and power plants.

More than 70 percent of new homes built in the United States each year are equipped to use natural gas, and newly constructed pipelines bring natural gas to more regions of the country than ever before.

More and more American businesses are choosing natural gas to heat factories and power machinery and new environmental requirements are pushing electricity suppliers to build gas-fueled power plants. In fact, industrial natural gas consumption in August 2000 was 15 percent higher than it was the year before.

Natural gas suppliers are struggling to keep up with the unprecedented demand. Typically, gas distribution companies stock up on supplies in preparation for the high-use cold-weather months. The 1999-2000 heating season, however, severely depleted stored supplies because many commercial users switched to gas as the price of oil rose. Over the summer, the situation worsened, as gas-fired power plants built to meet new environmental requirements further depleted stocks.

In the 1990s, low oil and natural gas prices tightened the budgets of American energy companies and kept them from drilling new wells. Supply was strong and demand didn't warrant new exploration. Now, however, the good news is, strong increases in both demand and prices are sending energy companies back to the field.

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The Rev. Dr. Jerry O. Resus, Minister

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Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

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Visitacion Valley Community Center Senior Program

Funded by the S.F. Commission on the Aging

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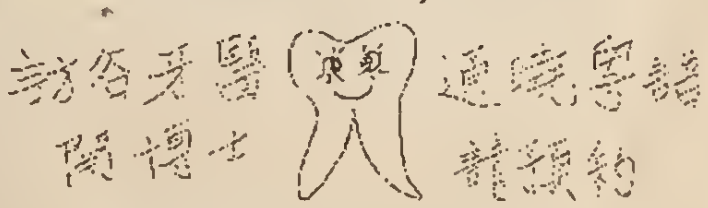
66 Raymond Avenue 467-4499
Pat Crocker: Director

Visitacion Valley Dental Office
Albert Kuan, D.D.S.



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Book Reviews

Healthy Recipes For a Slim You

Good news for dieters who crave carbohydrates but want to lose weight are the 250 mouthwatering, low-carb recipes from Drs. Richard and Rachael Heller, the #1 New York Times bestselling authors and pioneers in carbohydrate-smart dieting.

Unlike many low-carb and low-fat cookbooks which skimp on taste, their new book, The Carbohydrate Addict's Cookbook (John Wiley, $15.95 paperback) seizes on the dynamic flavors of a rich crop of foods, from tasty appetizers and hearty soups to succulent seafood and sinfully delicious salads. The recipes also include vegetarian alternatives, low fat choices, and quick fixes.

Critics report that whether you're seeking permanent weight loss, a boost in energy, or an overall sense of well-being, The Carbohydrate Addict's Cookbook will help make these goals attainable. The book is available at bookstores everywhere.

Peace of Mind and Money

A simple plan for finding financial freedom, The Soulful Money Manual: 9 Keys to Being Effective, Happy and at Peace with Money (Health Communications, Inc., $14.95) offers an intriguing perspective on achieving prosperity.

Written by popular financial counselor Dr. Richard Mitz, it's based on ancient principles taught by many religions. His unique set of techniques he calls "keys" were tested on many people, from the wealthy to the deep-in-debt. The concise enjoyable book is part spiritual advisor, part financial plan and has been called a treasure trove of practical information to make money work for, not against, you. The book even includes helpful checklists outlining the steps needed to meet your financial goals. You can find it at local bookstores or order a copy by calling (800)-441-5569. You can also visit www.hci-books.com and hci-online.com. NAPS

Large Capital Gains Distributions in a Year of Negative Returns Has Mutual Fund Investors Concerned About Their Investment Taxes

(NAPS) Stung by large capital gains distributions in a year of negative investment returns, mutual fund shareholders increasingly consider taxes to be an important investment consideration, according to the results of an annual survey of investors commissioned by Eaton Vance, a Boston-based mutual fund provider.

The nation-wide survey of investors, conducted by Penn, Schoen and Berland Associates, indicated that an overwhelming majority of investors (84 percent) considers the impact of taxes on their stock mutual funds to be an important consideration when making investment decisions. Nearly 60 percent (58 percent) of investors say that the impact of taxes on their investment returns has increased in importance over the past year.

"Investors who had been less aware of mutual fund taxes had a rude awakening in 2000, when many funds had low or negative returns but still paid out large taxable distributions," observed Duncan W. Richardson, senior vice president of Eaton Vance and portfolio manager of The Eaton Vance Tax-Managed Growth Fund. "The combination of strong built-up gains carried over from prior years, high portfolio turnover in a volatile market and an insensitivity to tax considerations on the part of most fund managers created a "Perfect Storm" that dumped large capital gains distributions on many unsuspecting shareholders. Many shareholders who in the past might have been dismissive about fund taxes were horrified to learn they will be paying taxes on fund investments on which they lost money last year."

Consistent with the growing concern regarding fund taxes, 82 percent of investors consider disclosure by mutual fund organizations of the tax implications of fund investing to be important. Nearly nine in ten (85 percent) investors say they carefully examine their investment statements to determine the degree to which taxes affect their returns and three out of five investors (60 percent) believe the U.S. government should require mutual fund providers to state after-tax returns for stock mutual funds, supporting the objective of the Securities and Exchange Commission's new after-tax return disclosure requirement. Although the new SEC rule requiring disclosure of after-tax returns was finalized only recently and does not fully go into effect until the first quarter of 2002, 30 percent of investors are already aware of this coming requirement for all long-term mutual funds.

Although most investors recognize the importance of tax considerations, they have only a limited understanding of investment-related tax issues. One in four investors (25 percent) do not know their current federal income tax bracket. One in four investors (26 percent) are unfamiliar with the concept of "tax-efficient" investing, and one in three investors (33 percent) are unable to cite any investments that offer high tax efficiency.

When asked whether they would be more inclined to hold municipal bonds and municipal bond funds in a qualified retirement plan such as an IRA or 401(K) plan or outside such a plan, survey respondents were equally likely to say they would hold such investments within a qualified plan (39 percent) as outside a qualified plan (40 percent). Similar questions addressing investments in variable annuities and tax-managed stock funds received similar responses. Survey respondents were equally likely to favor use of variable annuities within a qualified plan (39 percent) versus outside a qualified plan (40 percent), and only somewhat more in favor of using tax-managed stock funds outside of a qualified plan (49 percent) versus inside a qualified plan (38 percent).

Do I Need a Lawyer to Know if It's Fraud?

by John D. Hatch

(NAPS) The Internet is becoming a rich resource for consumers who have questions about the law or want to find an attorney.

For example, a consumer recently posed the following question about insurance fraud to John D. Hatch, an attorney on the Web site lawyers.com.

Q. My mother passed away several months ago and I was the primary beneficiary of one of her life insurance policies. I did not know this until recently when I discovered a letter sent in my name that I should receive a disbursement of funds. My father had signed my name for the claim and has kept it a "secret" from my family and me. Is that a fraudulent claim? Is there anything I can do to resolve this?
-Anonymous

A. First, verify with the insurance company that the funds were, in fact, paid out in your name. You may find that some or all of the proceeds are still with the insurer.

If, however, everything has been paid out and someone has kept it from you, it would appear that fraud has been committed. Fraud gives rise to both criminal and civil liabilities.

The first thing you want to do is refer the matter to the office of your local prosecutor. They are in a position to have your father arrested and prosecuted. Frequently they are also able to recover some or all of the stolen funds.

Depending upon the amount of money involved, and if it appears that the prosecutor is unable to recover it, you might want to consider bringing a civil suit against your father. For that you will need the assistance of a capable trial lawyer. If your father has assets, and you can prove the fraud, you can recover damages, frequently including your legal fees.

Mr Hatch has more than 25 years of hands-on experience in the financial services industry Lawyers com is a Web site which includes detailed profiles of over 440,000 lawyers as well as useful information on when a consumer may need legal counsel, how to hire a lawyer, and information on your legal options Over 10 million searches have been completed since the site went live in 1998 To learn more, visit the Web site at www lawyers com

Car Maker Still Exciting Motorists

(NAPS) Happy 75th birthday, Pontiac. For this car maker, the year 2001 will be one to remember. Here are a few highlights that trace its exciting 75-year history.

THEN: Even though Pontiac introduced its first car at the 1926 New York Auto Show, its history can be traced to 1883, when Edward M. Murphy opened the Pontiac Buggy Company in Pontiac, Michigan. He anticipated the auto boom and started Oakland Motor Car Company in 1907. In 1909, General Motors acquired half of Oakland, and when Murphy died, GM acquired the remaining shares.

In the 1920s, a committee led by then GM President Alfred Sloan, built a low-cost car to fill the price gap between Chevrolet and Oldsmobile. The result was Pontiac, a new car line created under Oakland. Pontiac's instant demand was evident as the nameplate sold 76,742 units in its first year.

Pontiac's famous design cue, the "silver streaks," first appeared on the 1935 model. These chrome ribbons, which swept down the hood, became the division's trademark. Several years later, during World War II, Pontiac ceased production and began manufacturing weapons and equipment for the U.S. armed forces.

In 1956, Semon "Bunkie" Knudsen became general manager. He introduced Pontiac to motorsports, which helped shape a new performance image for the brand.

The Wide Track era began in 1959, when designers crafted an all-new Pontiac body so wide that engineers had to broaden the chassis by five inches. The new image was so successful that in 1961, for the first time, Pontiac earned Motor Trend's "Car of the Year."

In 1991, the division built its 30 millionth car.

NOW-With the recent introduction of the Pontiac Vibe and the flexibility of Aztek, Pontiac's product portfolio delivers strong performance and driving excitement. Pontiac's 2001 product lineup includes Sunfire, Grand Am, Grand Prix, Firebird, Bonneville, Montana, and the all-new Aztek, the world's first Sport Recreation Vehicle.

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Child Care Options in Visitacion Valley

by Linda Asato, Wu Yee Children's Services and Brenda Lopez, Visitacion Valley Community Center

Visitacion Valley is home to hundreds of families with child care needs. Thanks to various agencies and individuals, families have several options regarding the type of child care they might choose. Choices include family child care, center care and in some cases, in-home care.

In addition to established homes and centers, several new child development facilities will be opening in the Visitacion Valley area in the next few months. This list is intended to give community members some information on child care options in the neighborhood.

The following are located in San Francisco's 94134 zip code and are in the 415 area code:

***Family Child Care*Nita Day Care** (Anita Broolter), 354 Hale St., 239-5284.

***Ennovy Child Care** (Yvonne Cook), 277 Wheeler Ave., 508-0141.

***Mundo Infantil Day Care** (Maria Elena Romero), 118 Cora St., 841-0129.

***Teeny Tot Day Care** (Louise Foots), 201 Argonaut Ave., 334-0904.

***Little Stars Family Child Care** (Estrella Valendo), 730 Bacon St. #3, 656-1003.

***Angela's Family Day Care** (Angela Siharath), 137 Nueva Ave., 467-5856.

***Norma's Day Care** (Norma Carter), 327 Madison St., 333-5464.

***Day Care** (Mariamma Charanghat), 1006 Saddleback Dr.,337-6560.

***Little Angels Day Care** (Lydia Regan), 535 Argonaut Ave., 648-5437.

***Yuet Lin Au**, 457 Sunruse Way, 337-0916.

***Bobby Marsh**, 261 Hahn St., 469-5353.

***Angel's Day Care** (Angelica M. Arevad), 109 Parque Dr., 239-4736.

***Portola Family Connections** (Margara Flemming), 2565 San Bruno Ave., 715-6746.

***San Jodas Family Day Care** (Miriam Aldana0, 535 Girard St., 468-2034.

***Lisa's Little Rascals** (Lisa Wallace), 501 Goettingen St., 468-9562.

***Xiao Ling liao**, 165 Girald St., 330-9968.

***Creative Child Care**, 1050 Goettingen St., 467-7726.

This list only includes licensed facilities who gave us permission to print their info. Wu Yee's Resource & Referral line is available with more listings, or if you are interested in being added to the list, please call (415)391-4956 for more info.

Child care centers include:

***3 N 1 Learning Academy**, 240 Leland Ave., 584-8555. This center serves up to 30 children between the ages of 2 and 5.9 years. Children are required to have at least begun potty training.

***Cornerstone Academy**, 801 Silver St., 665-9747. This center serves 22 children ages 3 and 24 children at age 4. Children are required to be potty trained.

***Family Connections**, 2565 San Bruno Ave., 715-6746. This center serves up to 72 children elementary age and up for the Homework program;15 children ages 3 for Pre-K requiring that they are potty trained; and 22 children for the Parent Drop- In program ages infant-4.

***Fellowship Academy**, 495 Cambridge St., 239-0511. This center serves up to 150 children ages 4 - 14.

***San Francisco School**, 300 Gaven St., 239-5065. This center serves up to 250 children from age 3 through the 8th grade.

***Sunnydale Child Development Center**, 700 Velasco St., 333-6335. This center serves 44 infants and toddlers 0-3, and 20 preschoolers 3-5 years old.

***Visitacion Valley Community Center**, 50 Raymond Ave., 467-6300, 467-4367. This center serves 185 children ages 3-13.

***Visitacion Valley Family School**, 325 Leland Ave., 467-6400. This center serves up to 100 children age 3-5.

Sites opening this year include:

***Heritage Homes Child and Family Development Center**

***John King Child and Family Development Center**

More New Moms Seek Motherhood Advice

(NAPS) Forecasts show America's birthrate is significantly on the rise for the first time since 1990. The U.S. Census Bureau estimates that nearly 4 million babies were born in 2000. At the dawn of the millennium, thousands of women from Maine to Montana are adopting the name "Mom" and seeking advice for juggling their own needs with those of a newborn.

Tori Kropp, registered nurse and perinatal and women's health expert, fields hundreds of questions each week as the author of "Ask Tori, RN," an advice column on Women.com (www.women.com/pregnancy). At the heart of Kropp's advice is reassurance that the concerns moms face are normal and shared by women throughout the country.

Top Questions from New Moms

How can I incorporate good nutrition into my diet?

Good nutrition is essential for handling the daily emotional and physical challenges of motherhood. Between meals, try snacks like a Luna bar, which contains calcium, protein, folic acid and all natural ingredients, specifically geared toward women's health needs.

How can I get enough sleep?

Take a nap while your baby naps. Also, it's O.K. to slack on household chores and take time to rest.

When can I begin exercising again?

As long as you feel well, it's fine to do light aerobic activities, swim or take the baby for a walk, but never attempt to diet or lose weight while breast-feeding.

What about my own needs?

Little things that bring you pleasure can make all the difference. It may be as simple as enjoying a healthy, satisfying snack, listening to your favorite music or reading a good book while your baby naps.

How should I handle the advice of family and friends?

Use your instincts! Talk to friends, family and experts but, most importantly, pay attention to your own feelings.

As a new mother, Kropp knows that women are looking for simple, common-sense approaches for replenishing their own bodies and souls while nurturing their babies. In short, Kropp says, "Create a personal recipe for motherhood that suits you."

Budget Expands Home Ownership Opportunities

From Page 1

police departments. In addition, the Department will continue to work closely with other Federal agencies such as Justice, Health and Human Services and the Office of National Drug Control Policy to administer proven drug prevention and intervention programs, and with faith-based organizations that also provide treatment and counseling.

*Terminates the $25 million Rural Housing and Economic Development program. The budget terminates the Rural Housing and Economic Development program, which began in 1999, because it duplicates several programs including CDBG and those of the U.S. Department of Agriculture.

*Reduces by $700 million the Public Housing Capital Fund. The $2.3 billion requested for the Public Housing Capital Fund fully funds new capital needed for public housing, but is $700 million below the 2001 level. Public housing authorities can address the backlog of capital needs by using more than $6 billion in unspent balances from prior years, $3 billion from the 2001 appropriation and $574 million in HOPE VI funding and regulatory tools to demolish severely distressed units that represent a disproportionate share of the backlog.

Martinez explained that the new budget also addresses the challenges of today and tomorrow by focusing more resources on fighting housing discrimination, protecting vulnerable populations, making housing affordable and increasing home ownership.

Late Payment Can Damage Credit Rating

(NAPS) Many people do not seem to recognize that paying bills late can damage an individual's credit rating, according to a recent national poll by the Direct Deposit and Direct Payment Coalition.

The poll found that 35 percent said they had been late with major credit card payments, 19 percent had been late on car loan payments, and 17 percent were late with payments to gas station or department store accounts. However, only about half of those polled identified a negative impact on their credit rating when asked to name "any possible consequences of paying bills late."

"The findings highlight a serious gap in consumer knowledge about an important aspect of personal finance management," said Susan L. Robertson, assistant vice president of the Federal Reserve Bank of Atlanta and spokesperson for the Direct Deposit and Direct Payment Coalition. "However, small steps can be taken to improve a bad bill-paying record."

With Direct Payment, consumers never have to worry about a late payment. After they authorize a bill to be paid directly and automatically from their account on a designated day each month, the payments are made on time every time.

"Payment history generally carries more weight than any other element in determining your credit score, which lenders often rely on when deciding whether to give you a loan or other form of credit," said Craig Watts, consumer affairs manager at Fair, Isaac, the developer of the mathematical formula used to generate the FICO¿ credit scores most frequently used by banks and other lenders. About 35 percent of the FICO score is based on payment history that includes details on both timely payments and late or missed payments.

"No credit score is forever. You can take steps today to begin improving your score," said Tim Raftis of the InCharge Institute of America, the nation's largest provider of credit counseling services and personal financial education.

The Neighborhood Parks Council,
the Native American Cultural Center,
and the Visitacion Valley Greenway Project present

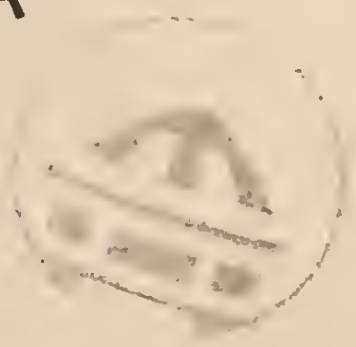
Weaving Our Roots: Native Art in the Parks

at

Hans Schiller Plaza

The Visitacion Valley Greenway

(Leland Ave. and Peabody Street)
Saturday, May 5
1:30pm-2:30pm



This event will feature Sami and Dine (Navajo) dancing, songs and drumming by Anno Elkhart and Loren Nakai. Aurora Mamea and Istuyee Montez will also perform Jingledress and Fancy Shawl style dancing, and contemporary Native American music and poetry.

This event is part of a month-long series of events in San Francisco parks in May sponsored by the Neighborhood Parks Council, the Native American Cultural Center and community park groups throughout San Francisco.

For schedule of events, phone: 415.621.3260
www.sfneighborhoodparks.org * www.epowwow.org

Grapevine Puzzler — Muni Lines

B S U T T E R A T I S E R E T H G I A H P
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M A S O N I C A V C S N W O T N W O D A V

Balboa, BART, Shuttle, Bernal Heights, Bryant, California, Church, Clement, Coit, Corbett, Divisadero, Downtown Loop, Embarcadero, Excelsior, Eureka, Felton, Fillmore, Folsom, Forty-Sixth Avenue, Fulton, Geary, Haight, Haight-Noriega, Hayes, Ingleside, Jackson, Judah, Laguna, Honda, Market, Masonic, Mission, Monterey, Nineteenth Avenue, Ocean View, O'Shaughnessy, Owl, Parkmerced, Parnassus, Polk, Powell-Hyde, Powell-Mason, Quintara, Quintara-Twenty-Fourth Street, Rutland, San Bruno, Southern Heights, Stanyan, Stockton, Sunset, Sutter, Taraval, Teresita, Third Street, Union, Union-Stockton, Valencia, Van Ness, Van Ness-Mission

Historic Proportions

Match clues to answers.
1997

1. American spacecraft landed on Mars on July 4.
2. World Series winners on Oct. 26.
3. Strike settled on Aug. 19.
4. Super Bowl champions on Jan. 26.
5. Notorious for choking coach during practice on Dec. 1.
6. Winners of the NCAA Basketball title on Mar. 31.
7. Set record on Jan. 18 crossing Antarctica.
8. Returned to China on July 1.
9. NBA champs again on June 13.
10. On Aug. 11, the first President to use line-item veto.
11. In Ottawa on Dec. 3 and 4, 121 nations signed a treaty banning these.
12. Born on Nov. 19 in Des Moines, Iowa.
13. Car accident in Paris Aug. 31 caused tragic death.
14. Elected president in Liberia July 19 after seven-year civil war.
15. Terrorist was sentenced to life on Dec. 24.
16. Stanley Cup winners on June 7.
17. In Kyoto, Japan on Dec. 1, 150 countries consider treaty to limit these.
18. Hundreds slain here in September because of upcoming elections.

A. Charles Taylor
B. Bill Clinton
C. Hong Kong
D. Carlos the Jackal
E. Princess Diana
F. Land mines
G. Detroit Red Wings
H. Septuplets
I. Greenhouse gases.
J. Latrell Sprewell
K. Green Bay Packers
L. Pathfinder
M. Chicago Bulls
N. Florida Marlins
O. Algeria
P. UPS
Q. Arizona Wildcats
R. Borge Ousland

Answers: 1-L; 2-N; 3-P; 4-K; 5-J; 6-Q; 7-R; 8-C; 9-M; 10-B; 11-F; 12-H; 13-E; 14-A; 15-D; 16-G; 17-I; 18-O.

Sez Who?

Match quotes to speakers.

1. "We think in generalities, we live in detail."
2. "The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true."
3. "All civilization has from time to time become a thin crust over a volcano of revolution."
4. "People should think things out fresh and not just accept conventional terms and the conventional way of doing things."
5. "When you have eliminated the impossible, whatever remains, however improbable, must be the truth."
6. "It is the addition of straightness to beauty that constitutes the romantic character in art."
7. "The whole secret of the study of nature lies in learning how to use one's eyes."
8. "He who never made a mistake, never made a discovery."
9. "To understand everything makes one tolerant."

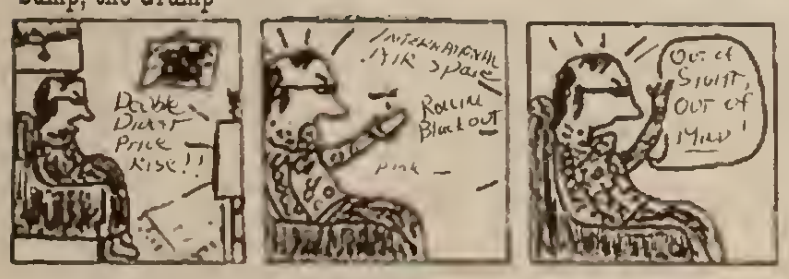
A. James Branch Cabell
B. Sir Arthur Conan Doyle
C. Samuel Smiles
D. Havelock Ellis
E. Germaine de Stael
F. George Sand
G. Walter Pater
H. Alfred North Whitehead
I. Buckminster Fuller

Answers: 1-H; 2-A; 3-D; 4-I; 5-B; 6-G; 7-F; 8-C; 9-E.

St. James Presbyterian Celebrating 95th Anniversary

Rev. Dr. Douglas Baer was guest preacher at St. James Presbyterian Church on Apr. 29 as Visitacion Valley's oldest church celebrated the 95th anniversary of its founding with a special Sunday service followed by a fellowship lunch at its social hall.

Sump, the Grump



As a Matter of Fact

*There are two Methuselahs. One was the descendant of Seth, whom the Bible says lived 969 years. The other, an oversized wine bottle with a capacity of eight ordinary bottles, used in the French Champagne district.

*The record number of hands shaken by a public figure an official function was 8,513 by President Theodore Roosevelt at a New Year's Day White House presentation in 1907.

*A big good-humored , President Grover Cleveland was called "Uncle Jumbo" by his relatives.

*The last president to be born a British subject was William Henry Harrison, born in 1773.

*The fuzz on peaches protects them from sunburn.

*Butterflies need sunlight to regulate their body temperature.

*The first mechanical clock appeared in Europe in 1299.

*It was believed by some in the southern United States that if the fire pops on the hearth, a letter is headed your way.

*It was believed by some 16th Century Europeans that the veins in a human body originated in the liver while the arteries originated in the heart.

*The U.S. census of 1920 showed that for the first time, the majority of Americans lived in urban areas.

*Norfolk County, Massachusetts is the birthplace of three presidents: John Adams, John Quincy Adams and John F. Kennedy.

*When someone is said to be "mending the jug," it means he or she has been given an impossible task.

*Raisins were once very expensive and were eaten only by the rich.

*Analytic geometry was developed by the philosopher Rene Descartes.

*When translated into English, the Japanese word for soda means "poison water."

*At one time all American presidents, their wives and important political figures were exempt from paying postage.

*According to tradition, Tasmanians will not eat a fish with scales.

*The first public school system in what is now the United States was set up in Massachusetts in 1647.Jackie Fields. He won the featherweight boxing title in 1924 at the age of 16 years and 162 days.

*The first American kindergarten opened in Wisconsin in 1856.

*More than 99.9 percent of the species that ever lived on the earth were extinct before the coming of man.

*The first hot air balloon flight was in 1792. It lasted 46 minutes.

*The youngest Olympic boxing champion was

Satellite Technology Pays Big Dividends To Industry, Government and Consumers

(NAPS) Centuries ago, navigators used to steer their ships by the stars. Today, information that comes from the sky continues to help direct people, no matter what their mode of transport.

The recent advances in global positioning system (GPS) that utilizes satellite technology have made navigation an even more precise science that is being put to use in numerous ways to increase productivity, efficiency, safety, scientific knowledge and quality of life.

Scientists, businesses, engineers, military experts, government officials and more will be exploring these advances at an international GPS exposition and conference, sponsored by the Satellite Division of the Institute of Navigation. The event will highlight the increasing capability of GPS to benefit industry, including:

*Agriculture – Intelligent farming: Using GPS and satellite technology to help remote-control tractors pinpoint seeding/harvesting operations.

*Aviation – Civil aviation needs including: departure, terminal, oceanic and enroute operations; non-precision and precision approaches; auto-landing; and surface navigation.

*Automotive – Better tracking/coordination of auto parts en route to assembly plants, locating shipments of cars to distributors/dealers, improved in-car navigational/mapping systems.

*Car Rental/Tourism – Navigation for travelers unfamiliar with roads, weather conditions, construction, etc.

*Communications – Cell phones, tie-in locators for emergency response.

*Defense/Military – Used in Persian Gulf for missile guidance, terrain mapping, locating enemy positions, improving accuracy of weapons, search and rescue.

*Environment/Ecology – Natural resource management.

*Geological – Improved topographical mapping.

*Marine – Enforcing fishing boundaries and regulations, locating more productive fishing areas, avoiding hazards.

*Mining – Accurate location of mineral deposits, mining by remote control.

*Package Delivery – Accurate tracking of packages, fleets.

*Public Safety-Improved mapping of underground utilities (gas, electric, water, sewer lines, cables) for faster access, emergency response.

*Recreation – Hiking/camping: navigating unfamiliar territory, wilderness rescue.

*Transportation – Tracking and managing truck, rail and cargo ship fleet movements, improved roadway maintenance, emergency response.

The Institute of Navigation is the leading global institute for advancing technology related to navigation, serving as a catalyst for bringing together the world's greatest minds for enhancing the safety and accuracy of navigation and for improving the quality of life. To learn more about the Institute or GPS 2000, visit the Web site at www.ion.org.

Consider This When Buying a New Car

(NAPS) It seems safe to say, safety should be more of a consideration for car buyers. A recent survey by progressive.com discovered people place a premium on the look and the amenities offered in a new car rather than its safety features. The survey found that 47 percent of respondents believe the color of the car is more important than side air bags and 22 percent said a CD player was more important than anti-lock brakes. What car buyers may not know is that safer cars often have lower insurance rates.

"While consumers are kicking the tires or checking the price of the leather package when shopping for a new car, they rarely take the time to compare auto insurance premiums," said Alex Ho, Marketing Manager at the Progressive Insurance company, which sponsored the survey. "Some safety features can slightly increase the overall cost of a new car, but this doesn't necessarily translate to higher premium rates.

"Since auto insurance rates vary widely from company to company, it's important for consumers to shop around and compare rates. Who knows, they might save enough to pay for that CD changer!"

Here are a few tips Progressive suggests consumers consider when purchasing a new car:

*Decide how much money you can spend and what type of vehicle best suits your needs.

*Research crash tests and accident data. You can see crash test video and analysis from the Insurance Institute for Highway Safety online at progressive.com.

*Negotiate your best deal. Check with several dealerships if you can.

*Get a firm quote, in writing.

*Shop around for financing.

*Shop around for auto insurance. Start by visiting an independent insurance agent. Agents represent several companies and can help you comparison shop.

*Test drive the car.

*Inspect the new car carefully before driving off the lot.

For more information about new car buying strategies, for comparison rates on your auto insurance or to find a nearby agent, call 1-800-AUTO-PRO or visit progressive.com.

An Awareness Campaign That Asked "Are You Allergic to People?"

(NAPS) Are you or someone you know suffering from symptoms of social anxiety disorder, a condition characterized by an intense, persistent fear and avoidance of social, work or performance situations? If so, you are among the estimated 10 million Americans who have this debilitating disorder.

An awareness campaign about social anxiety disorder which asked, "Are you Allergic to People?" conducted over the last two years has motivated people to seek professional help or, at the very least, made them feel less alone, according to a survey of callers to a toll-free phone line sponsored as part of the campaign by a group of patient and professional mental health organizations.

"It is very gratifying to learn that people who saw the campaign and called to receive more information felt it improved their understanding of this disabling condition, and were prompted to seek professional support," said Mary Guardino, executive director of Freedom from Fear which sponsored the effort along with the American Psychiatric Association and the Anxiety Disorders Association of America.

The survey of 960 callers to the phone line found:

*Two out of three (61 percent) of those surveyed said they had heard about social anxiety disorder compared with 38 percent who said they had never heard of the disorder

*Four in five (81 percent) said they found the social anxiety disorder campaign made them feel they were not alone in suffering social anxiety disorder symptoms

*Three out of four (78 percent) said the campaign improved their understanding of social anxiety disorder; a similar number (75 percent) said it helped them identify what they were feeling

*Three in five (60 percent) said it motivated them to seek additional information about the disorder and 44 percent said it motivated them to seek professional help

Information about social anxiety disorder is at the Web sites of the sponsoring organizations at: adaa.org. freedomfromfear.org and psych.org.

Four Easy Steps in Developing Your Intuition

(NAPS) Call it a hunch, an inner voice, a gut feeling or a sixth sense. Everyone is born with an innate gift for intuition, but many would like to hone it further.

According to Carol Ann Liaros, author of "Intuition Technologies," published by the ARE Press, the process of intuition offers a larger perspective on life and utilizes both the intellect and the imagination. Building our intuition can broaden our self-understanding and ultimately enhance our ability to love others.

Follow these four steps to further develop intuition:

1. Relax your mind and body while concentrating your awareness.
2. Focus on your breathing, listening to each breath you take.
3. Practice holding objects and describing their owner and story.
4. Attempt mind-traveling by imagining a place you've never been. Have someone else verify your thoughts.

By following these steps, intuitive insights can be practical in both our personal and professional lives.

For more information, call 1-800-333-4499 or visit the Association for Research and Enlightenment's (ARE) Web site at www.edgarcayce.org.

Five Years Ago In the Grapevine

MAY 1996

*Visitacion Valley's new Beacon Center scheduled June 10 for its grand opening.

*Visitacion Valley Elementary School's Samoan dancers performed on Feb. 29 at Moscone Center for Mayor Willie Brown.

*Removal of asbestos continued at the abandoned Geneva Towers with more offensive material that expected being discovered.

*A special jamboree and barbecue was scheduled for June 8 at Visitacion Valley Playground to introduce members of all eight teams competing in the Valley's new T-Ball league for youth under 12 years.

*Fire on Apr. 24 burned the garage of a Valley home on Sawyer Street.

*A reservoir to store recycled water was being planned for a site in McLaren Park.

*Visitacion Valley's 12th annual Street Festival was planned for May 18 along Leland Avenue.

Visitacion Valley Police Log

*Mar. 10: 4 p.m., Bayshore Blvd. and Leland Ave., robbery on the street, strong-arm.

*Mar. 11: 8 a.m., 1900 block of Sunnydale Ave., aggravated assault with knife.

*Mar. 12: 10:15 a.m., 3400 block of San Bruno Ave., burglary of residence, forcible entry.

*Mar. 12: 11:30 a.m., 000 block of Brookdale Ave., grand theft from person.

*Mar. 12: 2:30 p.m., 3400 block of San Bruno Ave., burglary, apartment under construction, unlawful entry.

*Mar. 12: 4 p.m., 000 block of Blythedale Ave., burglary of apartment house, unlawful entry.

*Mar. 13: 7:30 a.m., 100 block of Harkness Ave., burglary of residence, forcible entry.

*Mar. 13: 11 a.m., 1500 block of Sunnydale Ave., burglary of residence, forcible entry.

*Mar. 13: 12:30 p.m. 100 block of Arleta Ave., burglary of residence, forcible entry.

*Mar. 13: 3 p.m., 400 block of Wilde Ave., burglary of residence, unlawful entry.

*Mar. 13: 6:30 p.m., 2000 block of Sunnydale Ave., grand theft, auto strip.

*Mar. 13: 9 p.m., 000 block of Brookdale Ave. burglary of apartment house, forcible entry.

*Mar. 15: 10 a.m. 900 block of Holyoke St., burglary of residence, forcible entry.

*Mar. 15: 12 noon, 000 block of Blythedale Ave., burglary of residence, forcible entry.

*Mar. 16: 8 a.m., 900 block of Holyoke St., burglary of residence, forcible entry.

*Mar. 16: 9 a.m., 3400 block of San Bruno Ave., burglary of apartment house, forcible entry.

*Mar. 17: 1:10 a.m., 000 block of Blythedale Ave., burglary of residence, forcible entry.

*Mar. 17: 2:30 p.m., 000 block of Rey St., burglary, unlawful entry.

*Mar. 18: 10 a.m., 400 block of Wilde Ave.. burglary of residence, forcible entry.

*Mar. 18: 1:30 p.m., 000 block of Blythedale Ave., burglary of apartment house, forcible entry.

*Mar. 18: 6:35 p.m., 400 block of Wilde Ave., burglary, residence under construction, forcible entry.

*Mar. 18: 9 p.m., 1500 block of Sunnydale Ave., aggravated assault with bodily force.

*Mar. 19: 8 a.m. 200 block of Blythedale Ave., burglary of residence, forcible entry.

*Mar. 19: 5:10 p.m., 100 block of Garrison Ave., aggravated assault with bodily force.

*Mar. 20: 5:10 p.m., Wilde Ave. and Brussels St., robbery, bodily force.

*Mar. 21: 8 a.m., 200 block of Brookdale Ave., burglary of residence, forcible entry.

*Mar. 22: 12 noon, 000 block of Rutland St., burglary of residence, unlawful entry.

*Mar. 23: 8:30 a.m., 100 block of Ankeny St., burglary of residence, forcible entry. *Mar. 23: 9 a.m., 000 block of Brookdale Ave., burglary of residence, forcible entry.

*Mar. 23: 6 p.m., 700 block of Velasco Ave., burglary, attempted forcible entry.

*Mar. 24: 12:15 a.m., Visitacion Ave. and Schwerin St., attempted robbery with bodily force.

*Mar. 24: 12 noon, 100 block of Blythedale Ave., burglary of apartment house, forcible entry.

*Mar. 25: 2 p.m. 1500 block of Sunnydale Ave., burglary of apartment house, unlawful entry.

*Mar. 26: 2:55 p.m., 000 block of Brookdale Ave., burglary of apartment house, unlawful entry *Mar. 26: 8 a.m., 900 block of Sunnydale Ave., burglary of residence, forcible entry.

*Mar. 26: 7:27 p.m., 200 block of Hahn St., aggravated assault with gun.

*Mar. 26: 8:47 p.m., 200 block of Peabody St., aggravated assault with bodily force.

*Mar. 27: 3 a.m., 200 block of Schwerin St., burglary, hot prowl, attempted forcible entry.

*Mar. 27: 3:10 a.m., 200 block of Leland Ave., burglary of apartment house, forcible entry.

*Mar. 27: 12:50 p.m., 000 block of Leland Ave., robbery on street with gun.

*Mar. 27: 2:35 p.m., 000 block of Campbell Ave., burglary of apartment house, attempted forcible entry.

*Mar. 27: 6:14 p.m., 1400 block of Sunnydale Ave., robbery on street, strong-arm.

*Mar. 27: 7:55 p.m., 700 block of Velasco Ave., burglary, attempted forcible entry.

*Mar. 27: 8:06 p.m., Geneva and Brookdale Aves., robbery on street, strong-arm.

*Mar. 29: 7:30 a.m., 700 block of Visitacion Ave., burglary of residence, forcible entry.

*Mar. 29: 7:30 a.m., 000 block of Blythedale Ave., burglary of residence, forcible entry.

*Mar. 30: 5:30 a.m., 000 block of Ankeny St., burglary of flat, forcible entry.

*Mar. 30: 9 a.m., Persia and Sunnydale Aves., attempted robbery with deadly weapon.

*Mar. 30: 10 p.m., Geneva Ave. and Santos St., grand theft from locked auto.

*Apr. 1: 12:30 p.m., 200 block of Blythedale Ave., burglary of residence, forcible entry.

*Apr. 2: 6:45 a.m., 300 block of Sawyer St., burglary of residence, forcible entry.

*Apr. 3: 11:20 a.m., 500 block of Raymond Ave., burglary of residence, forcible entry.

*Apr. 3: 2 p.m., 1500 block of Sunnydale Ave., burglary of residence, forcible entry.

*Apr. 4: 8:30 p.m., 3300 block of San Bruno Ave., robbery of residence with gun.

*Apr. 5: 11 a.m., 100 block of Schwerin St., burglary of apartment house, unlawful entry.

*Apr. 5: 7:45 p.m., 1600 block of Sunnydale Ave., burglary of apartment house, forcible entry.

*Apr. 6: 2 p.m., 200 block of Santos St., burglary of residence, unlawful entry.

*Apr. 6: 5:45 p.m., 1200 block of Sunnydale Ave., robbery on street, strong-arm.

*Apr. 7: 7:19 a.m., 100 block of Delta St., burglary, hot prowl, forcible entry.

*Apr. 7: 4:15 p.m., 000 block of Blythedale Ave., grand theft from unlocked auto.

*Apr. 8: 12:45 p.m., 3400 block of SanBruno Ave., burglary of flat, forcible entry.

*Apr. 8: 8:01 p.m., 1500 block of Sunnydale Ave., burglary of apartment house, forcible entry.

*Apr. 9: 3:20 p.m., 200 block of Leland Ave., aggravated assault with deadly weapon.

*Apr. 9: 9:30 p.m., San Bmo Ave. and Somerset St., robbery, armed with knife.

*Apr. 10: 6:45 p.m., 1600 block of Sunnydale Ave., burglary of apartment house, unlawful entry.

*Apr. 11: 2 p.m., Visitacion Ave. and Sawyer St., grand theft from person.

*Apr. 11: 2:15 p.m. 300 block of Sawyer St., robbery on street, strong-arm.

*Apr. 12: 6:45 a.m., 300 block of Sawyer St., burglary of residence, attempted forcible entry.

Leftovers are Timesavers

(NAPS) Leftovers. Smart cooks hold leftover foods in high regard, viewing them as an opportunity to save time and produce an enticing encore to their original dish.

This winter, you can make the most of cold-weather comfort food by combining already-cooked items with pantry staples to create easy, flavor-packed meals.

For instance, a little bit of mashed potatoes can be transformed into easy Potato Cheese Puffs by combining them with cheese, flour, eggs and seasonings. Serve them as an appetizer or side dish.

Another tip: Remember to savor your leftovers safely by refrigerating them within two hours.

The Partnership for Food Safety Education suggests dividing large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

You can save time by storing leftovers in containers that can be refrigerated, frozen or microwaved.

Tight-sealing Gladware containers come in several sizes to hold a variety of items-from large portions of meat and potatoes to smaller containers for gravy and snacks.

If you're preparing tomorrow's lunch using tonight's leftovers, try the divided dish for meal-size offerings of two separate dishes. These containers are so inexpensive you won't even mind if they're left at the office or school.

There's another new product on the market that's great for messy marinades and for transferring stews, soups and sauces to the fridge or freezer. Glad Stand and Zip Bags have wide openings and pleated bottoms for easy filling, freezing and microwaving.

Love your leftovers-by keeping them fresh, flavorful and safe.

Potato Cheese Puffs

Prep time: 15 minutes; Cook time: 20 minutes.

1 cup water; ½ cup butter (no substitutions); 1 teaspoon Dijon mustard; ½ teaspoon garlic salt; 1/4 teaspoon dried marjoram; 1/8 teaspoon pepper; 1 cup flour; 4 eggs; ½ cup leftover mashed potatoes; 3/4 cup shredded Gruyere cheese; 3/4 cup shredded sharp cheddar cheese; 2 tablespoons fresh chives

Preheat oven to 400F. Heat water, butter, mustard, salt, marjoram and pepper in a medium heavy saucepan until butter is melted and water is simmering.

Beat in flour, mixing vigorously until mixture forms a ball and no longer sticks to the sides of the pan. Remove from heat and set aside for 10 minutes. Beat in eggs one at a time, beating well after each addition.

Stir in potatoes, cheeses (reserving 1/4 cup for top) and chives. Drop teaspoonfuls onto a well-greased baking sheet and sprinkle with reserved cheese. Bake for 18 to 20 minutes or until puffed and golden brown.

Turn off oven and crack oven door. Let stand for 15 minutes before removing from oven. Makes about 36 puffs.

May 2001

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

San Francisco City Meetings

Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Education 2 nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p.

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m.; **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; **Thursdays:** Sewing Class 9 a.m.-3 p.m. USDA Food Distribution Day is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW	(days) 695-2017; (nights/weekends) 895-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work–Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page $75; 1/2 Page $40; 1/4 Page $22.50; 1/8 Page $12.50; 1/12 Page $7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

Visitacion Valley Community Center
CERAMICS CLASS
Free Instruction and Class Time
For Adults Only
with Instructor Mary Margaret Baldwin
Tuesdays from 9 a.m. to 3 p.m.
(drop in anytime)
Call Pat at 467-4499 for more information

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AQUARIUMS
ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 222 Leland Ave., 584-3077
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISTACON CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwenn St., 587-7895
TUNTEX U S A., 150 Executive Park Blvd., 468-6676

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORT STOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER
NATIONWIDE PAPER, 345 Schwenn St., 586-9160

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St., Appointments: 715-0310 OR *SAM HO, MD*, 9 Silliman St. No. 4, 337-6135
NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr Divyang Patel) 2858 San Bruno Ave 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISTACON VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777

REAL ESTATE
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY S CHINOEL, 239-5850

RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G&L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancement Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISTACON VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISTACON VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

A Community Survey to Valley Residents For Schlage Lock and Sunquest Properties

The California Environmental Protection Agency. Department of Toxic Substances Control (DTSC) wants to know how interested you are in environmental investigations and remediation activities currently being conducted at the Schlage Lock and Sunquest properties. The accompanying survey will help DTSC evaluate community interest and how best to meet and respond to community needs and concerns. The survey is short and will take less than five minutes of your time.

The Schlage Lock property is located at 2401 Bayshore Boulevard between Blanken and Sunnydale Avenues in the Visitacion Valley area of San Francisco. *The Sunquest property, south of Sunnydale Avenue, is the northern portion of the former Southern Pacific Bayshore Railyard in Brisbane. The two properties are adjacent to each other, are currently vacant and were perviously used for industrial purposes. Chemicals used during past site activities included solvents that contained votatile organic compounds (VOCs). Some of these VOCs have been found in the soil and groundwater at the properties. The groundwater in this area is not used for drinking water.

Several previous actions to address site soils and groundwater have been implemented. Soils were excavated and removed from the Sunquest site in 1993, and a groundwater treatment system has operated on-site since 1994. Soils were excavated and removed from the Schlage Lock site in 1996, and a soil treatment system has operated on-site since 1999.

The Schlage Lock and Sunquest properties are currently in the site investigation phase of environmental cleanup. Groundwater beneath both properties is being investigated jointly. Additional options for further groundwater treatment will be assesses after the site investigation phase is complete.

Several public participation activities have already taken place for the Schlage Lock and Sunquest properties, including creation of a Public Participation Plan, distribution of fact sheets, and publication of public notices. Further public participation activities will include fact sheets, public notices, and if there is significant community interest, a public meeting may be held.

Documents related to these sites are available for review at the following information repositories:

*Visitacion Valley Community Center, 50 Raymond Ave., San Francisco, CA, (415) 467-6400.

*San Francisco Public Library, Visitacion Valley Branch, 45 Leland Ave., San Francisco, CA, (415) 337-4790.

To assist DTSC in evaluating the needs of your community, please complete and return the survey by May 7 to: Rachelle Maricq, DTSC - Berkeley Office, 700 Heinz Ave., Suite 300, Berkeley, CA 94710.

COMMUNITY SURVEY QUESTIONNAIRE
Schlage Lock and Sunquest Properties

1. How long have you lived in this area?
   ☐ 0-5 years ☐ 6-12 years ☐ 13-20 years ☐ 21 or more years

2. Are you familiar with the Schlage Lock and Sunquest properties?
   Schlage: ☐ Yes ☐ No
   Sunquest ☐ Yes ☐ No

   If yes, how did you learn about these properties?
   ☐ Newspapers ☐ Neighbors ☐ Relatives ☐ Previous Fact Sheets ☐ Community Meetings
   ☐ Other (please specify) _____

3. How interested are you in the environmental investigations and cleanups at these properties?
   ☐ No present interest ☐ Low to Moderate ☐ Moderate to High
   Do you have any specific concerns about these properties? If so, please specify.
   _____

4. Have you had any contact with local, state or other officials regarding these properties?
   ☐ Yes ☐ No
   If yes, what was the nature of contact? _____
   _____

5. What is the best way to provide you with information?
   ☐ Fact Sheets ☐ E-mail Updates ☐ Informal Workshop ☐ Community Meetings
   ☐ Other (please specify) _____
   What languages are spoken in this community? _____

6. How often during the remediation process would you like to receive information and progress updates?
   ☐ Monthly ☐ Quarterly ☐ Semi-annually ☐ Annually

7. Can you suggest anyone else you think we should contact about these sites?
   _____
   _____

8. Please provide us with any additional comments or questions.
   _____
   _____
   _____

MAILING LIST

If you would like to be added to the site mailing list and receive copies of future fact sheets or notices about the Schlage Lock and Sunquest properties, please fill out the coupon below and return it to Rachelle Maricq, Public Participation Specialist, DTSC, 700 Heinz Avenue, Suite 200, Berkeley, CA 94710.

Please include my name on the mailing list for the Schlage Lock and Sunquest properties.

Name _____

Address _____

City _____ State _____ Zip _____

E-mail Address _____

More Laws Won't Prevent Alcohol Abuse

by Richard F. Keating, Vice President, Senior Government Affairs Officer, Anheuser-Busch Companies, Inc.

(NAPS) When it comes to reducing alcohol abuse, there are two schools of thought. The first argues for more laws, suggesting that more tough laws will deter those from abusing alcohol beverages. The second approach argues that more laws only get in the way of allowing existing laws to function properly.

Increasingly, there is a shift away from adding more laws to refocusing resources on enforcing existing laws, using more and better educational efforts, and creating incentives as a means to encourage responsible behavior. And, these approaches are beginning to pay off.

While it's difficult to pinpoint what triggered this shift in thinking, there's no doubt debates from the courthouse to the statehouse are now contemplating choices that up until a few years ago would have not been seriously considered.

For example, legislators in Minnesota recently decided it was time to start from scratch in developing an entirely new legislative framework to address drunk driving.

While it's too early to determine if this will become a trend, it's clear that legislators in Minnesota realized that passing dozens-if not hundreds-of laws can inadvertently create loopholes, cause delays in prosecuting drunk drivers and have other unintended consequences which make reducing drunk driving more difficult.

Taking a completely different approach, a new program was announced recently in Florida to address underage drinking. This approach uses incentives rather than punishments. Specifically, if a teen remains alcohol-free until they turn age 21, they will receive a reduction in the price of college tuition.

Not surprisingly, response to this program has been overwhelmingly positive, because parents and teens themselves say a cheaper college education is a major motivator.

But there are those who believe even tougher legislation is required to control undesirable behavior such as underage drinking without fully considering the unintended consequences of such heavy-handed tactics.

City officials upset about incidents of public drunkenness may consider banning the sale of large containers of alcohol beverages. However, these bans typically cause the alcohol abuser to purchase a six pack instead of a single large container of beer, making a problem worse without doing anything to address the real need of providing alcohol treatment to abusers.

What has been consistently shown to work in reducing alcohol abuse, however, are efforts to increase parental involvement with teens to prevent underage drinking; improved enforcement of existing laws; use of rewards instead of punishments to incent desired behavior; and consistent and steady educational efforts.

It is efforts like these which have helped reduce drunk driving by 41 percent since 1982 and reduce teen drinking by 47 percent over the same time period. And, we're committed to e approaches so they can fully consider all ptions when determining how best to address alcohol abuse.

Alice Wong - Robert Lehman

Insurance

"Working with Seniors"

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長期療養保險 **Long Term Care Insurance**

Visitacion Valley
415-333-0850

Studies Show Fiber is Important in Maintaining Good Health

(NAPS) For nearly 30 years, studies have associated a diet high in fiber with the reduced risk of heart disease and certain cancers. Researchers continue to study fiber and its usefulness in maintaining good health. Recent media attention surrounding two recent studies, however, may have left people with a mistaken impression about fiber. The results of these studies should be viewed cautiously, since they in no way suggest that people should forget about the value of fiber. In fact, most health experts, including the studies' lead investigators, emphasize that people should continue to eat a low-fat, fiber-rich diet high in fruits, vegetables, grains and beans to improve overall health and reduce the risk of chronic diseases. The bottom line? Fiber has many virtues.

Intestinal health: Fiber stimulates the muscles in your intestine, which helps keep them toned and functioning smoothly. This action helps prevent diverticulosis-a disease that weakens the walls of the intestine and causes them to bulge out and potentially become irritated. And, of course, fiber reduces the risk of constipation and hemorrhoids.

Heart health: When combined with a low-fat diet, fiber can help lower cholesterol in the blood by reducing how much of it is absorbed by the body. Some experts believe dietary fiber binds with cholesterol, making it less absorbable. The precise mechanism responsible for the cholesterol-lowering effect of soluble fiber is unclear.

Eating a high-fiber diet also can help reduce the amount of fat you eat. A recent study, found that men, who ate two bowls of high-fiber cereal every day for 12 weeks without altering their diets in any other way, lowered the amount of fat they normally ate by 10 percent.

Diabetes benefits: A fiber-rich diet may help control blood-sugar levels. The fiber found in fruits, vegetables, beans (legumes) and certain grains such as oats and barley may slow the absorption of sugar into the blood. The result is a more even rise in blood sugar after a meal-good news for people with diabetes who may otherwise need to take medication to keep their blood-sugar levels under control. A small study done last year found that participants who ate 50 grams of fiber (including 13 servings of fruits, vegetables, grains and beans) lowered their blood sugar levels by 10 percent. They also reduced their cholesterol, which helps lower the risk for heart disease.

Weight control benefits: Fiber-rich foods are filling and tend to contain fewer calories than high-fat, high-sugar foods. Therefore, eating a high-fiber diet usually leaves little room for more calorie-rich foods.

Because a high-fiber diet helps keep blood-sugar levels in line, it may also reduce food cravings. Researchers in Australia found that when study participants ate a high-fiber diet, they ate fewer calories yet reported feeling more satisfied following their meals than when they ate high-fat, fiber-poor cakes, rolls and candies.

A Great Start Toward Total Nutrition-There is still a case for fiber and a lower risk of colon cancer. Hundreds of studies have supported the theory, but regardless of its affect on colon cancer, fiber still has many other perks. Choose five or more servings of fruits and vegetables a day and three or more servings of whole-grain foods.

Brought to you by Total cereals, breakfast cereals with 100% of the daily value of at least 11 vitamins and minerals.

Natural Gas Continues to Fuel the USA

(NAPS) When it comes to finding a fuel to rely on, an increasing number of home buyers and builders say the answer is a natural: natural gas. More than 70 percent of new homes built in the U.S. each year use natural gas.

Nearly half of all the energy used for cooking, heating and fueling other home appliances comes from clean-burning natural gas. This may be because it requires so much less maintenance than home heating oil.

In recent years, industrial demand for natural gas has risen to unforeseen levels. In fact, industrial consumption in August 2000 was 15 percent higher than in August 1999. Much of this increased demand can be traced to industry's effort to meet new environmental requirements. For example, new gas-fueled plants now produce a significant portion of our country's electricity. In all, industry accounts for about 66 percent of U.S. natural gas consumption, according to the Energy Information Administration.

Natural gas is attractive to industry for the same reasons it's popular with homeowners. Gas furnaces need little maintenance, saving companies millions of dollars a year in labor costs. In addition, corporations are drawn to gas because of its environmentally-friendly reputation.

Natural gas was first used in this country in the 1800s, mostly to light street lamps. The Bunsen burner showed gas could be used for cooking and heating as early as 1885 but it wasn't until after World War II that pipeline construction became economically attractive. Today, natural gas is available to homeowners and businesses in almost every region of the country through more than 1.3 million miles of pipeline.

While current U.S. reserves would provide enough natural gas to satisfy domestic demand for more than 60 years, for the first time in history, our demand for natural gas is nearly outpacing production. As U.S. energy companies continue to develop exploration and production technology, however, they expect to easily meet future demand.